

Basic Report 19034, Snacks, popcorn, air-popped

Report Date: July 19, 2019 06:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 8g	1 oz 28.35g
Proximates				
Water	g	3.32	0.27	0.94
Energy	kcal	387	31	110
Protein	g	12.94	1.04	3.67
Total lipid (fat)	g	4.54	0.36	1.29
Carbohydrate, by difference	g	77.78	6.22	22.05
Fiber, total dietary	g	14.5	1.2	4.1
Sugars, total	g	0.87	0.07	0.25
Minerals				
Calcium, Ca	mg	7	1	2
Iron, Fe	mg	3.19	0.26	0.90
Magnesium, Mg	mg	144	12	41
Phosphorus, P	mg	358	29	101
Potassium, K	mg	329	26	93
Sodium, Na	mg	8	1	2
Zinc, Zn	mg	3.08	0.25	0.87
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.104	0.008	0.029
Riboflavin	mg	0.083	0.007	0.024
Niacin	mg	2.308	0.185	0.654
Vitamin B-6	mg	0.157	0.013	0.045
Folate, DFE	µg	31	2	9
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	10	1	3
Vitamin A, IU	IU	196	16	56
Vitamin E (alpha-tocopherol)	mg	0.29	0.02	0.08

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.2	0.1	0.3
Lipids				
Fatty acids, total saturated	g	0.637	0.051	0.181
Fatty acids, total monounsaturated	g	0.950	0.076	0.269
Fatty acids, total polyunsaturated	g	2.318	0.185	0.657
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0